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ABSTRACT OF THE DISCLOSURE

5 A boot having an outer sole and an external upper covering the user's foot and lower leg. The external upper has a flexible frame made of a flexible, substantially non-stretchable material, arranged along preferred directions of forces/supports affixed to both the external upper and the outer sole. The flexible frame has a dorsal portion extending from the outer sole substantially up to the top end of the external upper, and at least one lateral arm laterally connecting the upper end of the dorsal portion to one side of the boot.